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PANDEMIC-RELATED SLEEP CHANGES ASSOCIATED WITH COVID-RELATED GENERAL, FINANCIAL, FOOD, HOUSING, FAMILY AND RELATIONSHIP STRESS

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Introduction: The COVID-19 pandemic has caused widespread disruption and stress for people of all ages and circumstances around the world. This study investigates the relationship between general and specific stressors and various dimensions of sleep health.

Methods: A sample of N=419 US adults completed online surveys about sleep and COVID-19 experiences. Participants were asked whether they experienced increased general, financial, food, housing, family and relationship stress due to the COVID-19 pandemic. They were also asked whether they experienced a more regular schedule, improved sleep, worsened sleep, more early insomnia, more middle-of-the-night insomnia, more daytime sleepiness, and more naps due to the COVID-19 pandemic. Ordinal logistic regressions with sleep change as outcome and stress variable as predictor were adjusted for age, sex, and race/ethnicity.

Results: COVID-19-related general, financial, food, housing, family, and relationship stress were all associated with a decreased likelihood of maintaining a more regular schedule (oOR=0.52-0.67, all p<0.001) and improved sleep (oOR=0.56-0.67, all p<0.001). They were also all associated with a greater likelihood of worsened sleep (oOR=1.48-2.41, all p<0.001), early insomnia (oOR=1.63-1.85, all p<0.001), middle-of-the-night insomnia (oOR=1.40-2.00, all p<0.001), and daytime sleepiness (oOR=1.58-2.07, all p<0.001). Increased napping was also associated with more COVID-related financial, food, and housing stress (oOR=1.33-1.55, all p<0.005).

Conclusion: Regular sleep schedules can be disrupted by stressors directly, or by the anxiety that so often accompanies stress. Stressed individuals may experience increased difficulty falling asleep, or more nighttime arousals, or find themselves waking up earlier than usual, all as a result of ruminating thoughts, stress-induced nightmares, or outside disturbances. Disruption to sleep at night often results in increased daytime sleepiness and fatigue, with a higher chance of napping. This study reports the significant association of some of these with COVID-19 pandemic-related stress. More individuals now find themselves working from home with greater flexibility in their schedules, but this has not necessarily led to better sleep. The impact of the pandemic on various health outcomes as a result of stress is still to be revealed.

Support (if any):

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AN ELECTION DURING A PANDEMIC: RELATIONSHIP BETWEEN POLITICAL AFFILIATION AND PANDEMIC-RELATED SLEEP AND DREAMS

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Introduction: In 2020, a global pandemic impacted sleep for many people in the US, which was also experiencing an extremely contentious election season. These overlapped somewhat, as the liberal/left side of the political spectrum was more vocal about the dangers of COVID-19 and the pandemic, while the conservative/right frequently expressed less concern about COVID-related risks. Perhaps this confluence was borne out in sleep quality and dreams.

Methods: A sample of N=419 US adults completed online surveys about sleep and COVID-19 experiences. Participants rated their political affiliation on a scale of 0 (Very Conservative/Right) to 6 (Very Liberal/Left). Participants were also asked whether, since the pandemic, their sleep improved or worsened, whether their dream content has become more positive (more or less positive content, versus same) or negative (more or less negative content, versus same), the number of nightmares they recall, and whether their dreams included themes of politics and/or COVID. Regression analyses examined political affiliation as independent variable with ordinal logistic analyses for sleep improvement/worsening, multinomial logistic analyses for positive/negative content, linear regression analyses for nightmare frequency, and binary logistic analyses for presence of political/COVID themes in dreams. All analyses were adjusted for age, sex, and race/ethnicity.

Results: Greater liberal/left affiliation was associated with a greater likelihood of worsened sleep (oOR=1.20, p=0.002), but no difference in likelihood of sleep improvement. Greater liberal/left affiliation was associated with a greater likelihood of decreased positive dream content (RRR=1.29, p=0.001) but no different in likelihood of increased positive content. In addition, greater liberal/left affiliation was associated with an increased likelihood of more negative dream content (RRR=1.33, p<0.0005) but no difference in the experience of less negative content. Liberal/left affiliation was also associated with more frequent nightmares during the pandemic (B=1.55, p=0.019), and more political dreams (OR=1.29, p=0.010) but no difference in COVID-related dreams.

Conclusion: During the COVID-19 pandemic, more liberal/left individuals reported a greater degree of worsening sleep and dream content that was less positive and more negative in nature. Though there was no difference in COVID-related dream content, there was a difference in political content in dreams.

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EATING PATTERNS ASSOCIATED WITH SLEEP DURATION, INSOMNIA, DAYTIME SLEEPINESS AND OVERALL SLEEP QUALITY AT THE US-MEXICO BORDER

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Introduction: Previous studies have linked sleep to risk of diabetes and obesity, at least partially via alterations in food intake. Diabetes and obesity are common among Hispanics/Latinos, and studies are needed to better clarify the role of sleep for health among this group.

Methods: Data were collected from N=100 adults (age 18-60, 47% female) of Mexican descent in the city of Nogales, AZ (34% not born in the US). Surveys were presented in English or Spanish. Eating Patterns were assessed with the Three-Factor Eating Questionnaire (TFEQ), which resulted in a total score and subscales for "cognitive restraint," "uncontrolled eating, "and "emotional eating." Insomnia was assessed with the use of the Insomnia Severity Index (ISI), Sleepiness with the use of the Epworth Sleepiness Scale (ESS), Sleep quality with the use of the Pittsburgh Sleep Quality Index (PSQI), and weekday and weekend sleep duration with the use of the Sleep Timing Questionnaire (STQ). Covariates included: age, sex, Body Mass Index (BMI), education and immigrant status.

Results: When adjusted for age, sex and immigrant status (model-1), eating patterns were associated with greater insomnia (95%CI:[0.066,1.095];p=0.027), poorer sleep